

South Pasadena Senior Center Presents:

Pep Up Your Life



Cost : **\$16.00** a month for **both**

Wednesday and Friday classes

Or

\$10.00 a

month for attending

either

Wednesday or

Friday class

Class constructed by Ashley Delery from Cal State LA Kinesiology Department.

Class involves stretching, exercise's with bands, foam rollers and chair exercises .

South Pasadena Senior Center
1102 Oxley Street
South Pasadena, CA 91030

For more information call:
(626) 403-7360